Project: Nutrition Condition

Clinic Name:

**Patient Name: Jose Ramirez**

Team Members:

1.

2.

3.

**Directions:** You are a part of a team of consultants for a nutrition clinic. Your team works with clients to analyze daily nutritional needs and energy intake. Using the following information along with dietary guidelines, create a nutrition plan that allows the client to reach their health goals.

Resources:

World Health Organization

Nutrition: <http://www.who.int/topics/nutrition/en/>

USDA

Steps to a healthier you: <http://www.mypyramid.gov/>

Nutrition Essentials: <http://kidshealth.org/parent/nutrition_center/healthy_eating/myplate.html>

<http://www.choosemyplate.gov/STEPS/stepstoahealthierweight.html>

Dairy Council of California

My Pyramid Match Game: <http://dairycouncilofca.org/Tools/MyPyramid>

Healthy Eating Tips for a Healthy Diet and Better Nutrition

<http://www.helpguide.org/life/healthy_eating_diet.htm>

Project: Nutrition Condition

Clinic Name:

**Patient Name: Rhianna Perkins**

Team Members:

1.

2.

3.

**Directions:** You are a part of a team of consultants for a nutrition clinic. Your team works with clients to analyze daily nutritional needs and energy intake. Using the following information along with dietary guidelines, create a nutrition plan that allows the client to reach their health goals.

Resources:

World Health Organization

Nutrition: <http://www.who.int/topics/nutrition/en/>

USDA

Steps to a healthier you: <http://www.mypyramid.gov/>

Nutrition Essentials: <http://kidshealth.org/parent/nutrition_center/healthy_eating/myplate.html>

<http://www.choosemyplate.gov/STEPS/stepstoahealthierweight.html>

Dairy Council of California

My Pyramid Match Game: <http://dairycouncilofca.org/Tools/MyPyramid>

Healthy Eating Tips for a Healthy Diet and Better Nutrition

<http://www.helpguide.org/life/healthy_eating_diet.htm>

Project: Nutrition Condition

Clinic Name:

**Patient Name: Col. Jason D. Limkin (ret.)**

Team Members:

1.

2.

3.

**Directions:** You are a part of a team of consultants for a nutrition clinic. Your team works with clients to analyze daily nutritional needs and energy intake. Using the following information along with dietary guidelines, create a nutrition plan that allows the client to reach their health goals.

Resources:

World Health Organization

Nutrition: <http://www.who.int/topics/nutrition/en/>

USDA

Steps to a healthier you: <http://www.mypyramid.gov/>

Nutrition Essentials: <http://kidshealth.org/parent/nutrition_center/healthy_eating/myplate.html>

<http://www.choosemyplate.gov/STEPS/stepstoahealthierweight.html>

Dairy Council of California

My Pyramid Match Game: <http://dairycouncilofca.org/Tools/MyPyramid>

Healthy Eating Tips for a Healthy Diet and Better Nutrition

<http://www.helpguide.org/life/healthy_eating_diet.htm>

Project: Nutrition Condition

Clinic Name:

**Patient Name: Marci Robinson**

Team Members:

1.

2.

3.

**Directions:** You are a part of a team of consultants for a nutrition clinic. Your team works with clients to analyze daily nutritional needs and energy intake. Using the following information along with dietary guidelines, create a nutrition plan that allows the client to reach their health goals.

Resources:

World Health Organization

Nutrition: <http://www.who.int/topics/nutrition/en/>

USDA

Steps to a healthier you: <http://www.mypyramid.gov/>

Nutrition Essentials: <http://kidshealth.org/parent/nutrition_center/healthy_eating/myplate.html>

<http://www.choosemyplate.gov/STEPS/stepstoahealthierweight.html>

Dairy Council of California

My Pyramid Match Game: <http://dairycouncilofca.org/Tools/MyPyramid>

Healthy Eating Tips for a Healthy Diet and Better Nutrition

<http://www.helpguide.org/life/healthy_eating_diet.htm>

Case #1

To Whom It May Concern:

According to your request, I have included both biographical information and a sampling of my meals for the past five days.

I am a 32-year old single guy who packs 185 pounds on my 6'1" frame. I know 32 seems a little late to be training for a triathlon, but I figure I have a lot of time on my hands between directing movies, so I might as well. I usually exercise for at least an hour and a half a day, first I bike or run, and then I lift weights. I hired and ex-triathlete to help train me, and he estimates that my training regimen increases my daily need for calories by 500.

As much information as possible that you can give me concerning my current nutrition habits and the changes I should make would be greatly appreciated.

Sincerely,

Jose Ramirez

Case #2

To Whom It May Concern:

According to your request, I have included both biographical information and a sampling of my meals for the past five days. I am a 45-year-old wife and mother of two. I stand 5'7"" tall, and weigh 150 pounds. Since both of my children are in college, my husband and I both work full time. By the time I work a full day, cook dinner, and feed the dog, I am too exhausted for any physical activity. I usually watch television, have a late night snack and go to bed.

As much information as possible that you can give me concerning my current nutrition habits and the changes I should make would be greatly appreciated.

Sincerely,

Rhianna Perkins

Case #3

To Whom It May Concern:

According to your request, I have included both biographical information and a sampling of my meals for the past five days.

I'm a recently retired 52-year-old veteran of the US Marines. I try to exercise daily, as military doctors suggest. I don't always remember, though, so my exercise adds only about 150 calories to my daily need. I need some advice, though, because I don't want early retirement to turn my 6'2", 180-pound body into a flabby mess. I'm very interested in some nutrition advice, because now that I've left the military, my three meals a day aren't being provided, and I don't really know how to cook healthy food!!!

As much information as possible that you can give me concerning my current nutrition habits and changes I should make would be greatly appreciated.

Sincerely,

Col. Jason D. Limkin (ret.)

Case #4

To Whom It May Concern:

According to your request, I have included both biographical information and a sampling of my meals for the past five days.

I am a 22-year-old college student. I am 5'6" tall, and weigh about 120 pounds. I have classes every day, two classes a day on Monday, Wednesday, and Friday; and three classes a day on Tuesday and Thursday. Since my schedule is freer on Monday, Wednesday, and Friday, it is on those days that I find the time to exercise for an hour. My trainer at the student recreation center told me that this exercise combined with all the walking to and from class that I do adds about 300 calories to my daily needs throughout the week.

As much information as possible that you can give me concerning my current nutrition habits and the changes I should make would be greatly appreciated.

Sincerely,

Marci Robinson

**Based on your clients letter and diet, answer the following questions.**

1. What is the client’s name?

2. What are the nutritional/physical goals of the client?

3. Calculate the Basal Metabolic Rate (BMR) of the patient. Use the following equations or website: <http://www.bmi-calculator.net/bmr-calculator/>

|  |
| --- |
| * Women: BMR = 655 + ( 4.35 x weight in pounds ) + ( 4.7 x height in inches ) - ( 4.7 x age in years ) * Men: BMR = 66 + ( 6.23 x weight in pounds ) + ( 12.7 x height in inches ) - ( 6.8 x age in year ) |

4. How many calories should your patient eat per day to maintain their current BMR? (Information for this can be found on the BMR website)

5. Using the diet sample provided. Analyze the daily energy intake of your patient per day.

* How many units carbohydrates are they eating per day?

Day 1: \_\_\_\_ Day 2:\_\_\_\_ Day 3: \_\_\_\_ Day 4: \_\_\_\_ Day 5: \_\_\_\_\_\_

* How many units fats/lipids are they eating per day?

Day 1: \_\_\_\_ Day 2:\_\_\_\_ Day 3: \_\_\_\_ Day 4: \_\_\_\_ Day 5: \_\_\_\_\_\_

* How many units of protein are they eating per day?

Day 1: \_\_\_\_ Day 2:\_\_\_\_ Day 3: \_\_\_\_ Day 4: \_\_\_\_ Day 5: \_\_\_\_\_\_

* What is the approximate total calorie intake per day? ( use the internet to find the nutritional facts for the specific foods)

Day 1: \_\_\_\_ Day 2:\_\_\_\_ Day 3: \_\_\_\_ Day 4: \_\_\_\_ Day 5: \_\_\_\_\_\_

6. Using the diet sample provided. Analyze the daily energy intake of your patient per week.

* How many carbohydrates are they eating per week?
* How many fats/lipids are they eating per week?
* How many units of protein are they eating per week?
* What is the approximate total calorie intake per week? ( use the internet to find the nutritional facts for the specific foods)

7. What would you recommend your client add or take away from their diet to reach their goals? Why?

8. Create a new 5 day menu to reflect the recommended changes they need to reach their nutritional goals.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Breakfast | Lunch | Dinner | Calories per day |
| DAY1 |  |  |  |  |
| DAY2 |  |  |  |  |
| DAY 3 |  |  |  |  |
| DAY 4 |  |  |  |  |
| DAY 5 |  |  |  |  |